

Your body is not the enemy

Body · Stewardship · Grace · THE TEMPLE REFLECTION · CHOOSE LIFE NOW

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

— 1 Corinthians 6:19 (NKJV)

This may be the most tender page of the week. Many of us carry years of complicated feelings about our bodies — messages from culture, from past relationships, from our own inner critic that has rarely been kind. Bring all of that here. God is not standing over this conversation with a measuring stick. He is standing over it with love — the same love that designed every part of you with intention and called it good. Approach these prompts gently, the way you would approach a dear friend who is hurting. Because that is exactly how God is approaching you.

REFLECTION PROMPTS

01 What is my most consistent inner narrative about my body?

02 Is this narrative one God would speak over me — or is it coming from another?

03 What would it look like to care for my body as a temple this?

04 One way I can honor God with my body today — not out of guilt, but out of gratitude:

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